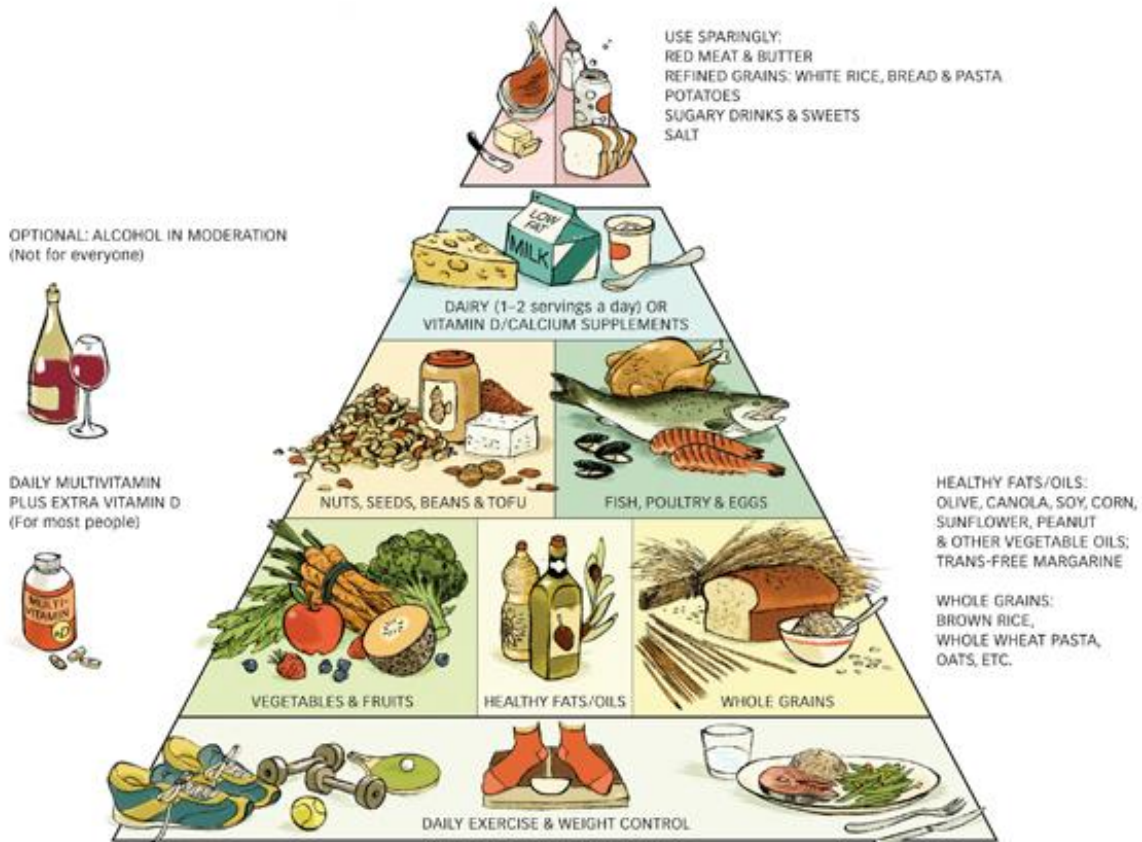


THE HEALTHY EATING PYRAMID

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For more information, visit WWW.THE NUTRITION SOURCE.ORG

HOW TO EAT HEALTHY: PART 1

- **Eat Breakfast Every Day.**
- Eat *small* meals every 3-4 hours.
- Try to eat a balance of protein, carbohydrate (aka starch), and healthy (plant-based) fat with each meal.
- **Eat five (5) servings of fruits and vegetables each day.** Eat many-colored foods.
- Drink plenty of water.
- Eat foods steamed, baked, sautéed or grilled...not breaded, creamed or deep-fried.
- **Avoid “Fast Food”**
- Always sit down when you eat.
- Do not eat while watching T.V. or reading. Focus on your food. You’ll eat less.
- **Eat slowly over 20 minutes to allow your body to feel full. Chew and savor each bite.**
- Avoid White, processed foods (white bread, white rice, pasta, sugary cereals); try instead brown rice, whole-grain bread, whole-wheat pasta, quinoa, and steel-cut oats.
- Shop mostly from the outer sections of the supermarket (produce, dairy, deli, fresh-baked goods...perishables) and less from the inside aisles (very processed, preserved, nutrition-less foods: soda, chips, candy, etc).
- **Read labels: Majors Things to avoid or eliminate:**
 - **“High-Fructose Corn Syrup”**
 - **“Trans fats” or “Partially hydrogenated” oils**
 - **Any food additive you can’t pronounce!**
- Eat your calories...don’t drink them.
 - Avoid soda, punch, energy drinks, too much juice.
 - If you have to drink something sweet, dilute it with water and drink from a tall, skinny glass...it’ll seem like more.
- If you feel the urge to snack, drink a cup of water. You may just be thirsty.

HOW TO EAT HEALTHY: PART 2

- **Use Olive Oil...it is the healthiest of the oils.**
- Avoid artificial sweeteners (splenda, nutrasweet). They trick your body into overeating.
- Take a moment to enjoy the sight and smell of your food before eating.
- Try eating a bowl of soup or a large green salad before your meal...it may actually help you eat less in the long run.
- Buy smaller packages when possible...you'll eat less.
- Arrange your food nicely on a plate before eating.
- Cut food into smaller strips (better than cubes or blocks). It will seem like more.
- If you need a sweet treat, let a small piece of dark chocolate melt in your mouth.
- Limit alcohol to two servings per day.
- Have a cup of tea (without milk).
- Eat smooth foods (like yogurt) with something crunchy (like nuts or granola). The different textures/feels will help you eat more slowly and be more satisfied.
- Enjoy the taste of the food you are eating. Eat with friends and family whenever possible.
- Eat nuts, fruits and vegetables with the skin on. That is where the good stuff (nutrition) lives.
- Eat pasta al-dente (to-the-tooth...slightly undercooked). It is absorbed more slowly by the body.
- Minimize saturated fats (animal products: butter, red meat, etc). They cause inflammation and lead to heart disease.
- **Eat more Fish...Sardines, Canned Salmon, and Kippers are inexpensive options.**
- Eat more nuts (almonds, walnuts, cashews, pistachios)... but not the whole bag.
- Lentils = superfood. Eat lentils with reckless abandon. Make a pot of lentil soup and eat for several meals.
- Eat *lean* protein (whey[milk protein], lean beef, poultry, FISH, beans, soy)
- **Eat more Fiber (berries, beans, whole grains, fruits and vegetables with skin on)**

- Eat bulky, moisture-containing foods rather than dry, thin foods. (it takes 20 ounces to expand the stomach and turn off hunger)
- Try to eat local and/or organic fruits and vegetables. Check out the farmer's market. Or better yet, grow your own.

Shopping List for 'Power Foods'

- ✓ Apples
- ✓ Yam & Sweet Potato
- ✓ Avocado
- ✓ Kale, Collard Greens, Spinach, Chard
- ✓ Canned Fish: Sardines in spring water, Salmon, Chunk Tuna, Kippers
- ✓ Almonds & Walnuts
- ✓ Black Mission Figs
- ✓ Berries: Blueberries, Strawberries, Blackberries (frozen = lower cost; pick from wild = free)
- ✓ Pomegranate
- ✓ Lentils, dried beans (buy in bulk to save \$)
- ✓ Whole Grains: Quinoa, Brown Rice
- ✓ Broccoli, Cauliflower, Brussel Sprouts
- ✓ Olive Oil: Cold Pressed, Extra Virgin is best.
- ✓ Garlic & Onions
- ✓ **ANY SEASONAL VEGETABLES & FRUITS!**

COMO COMER SALUDABLE: PRIMERA PARTE

- **Desayune todos los días**
- Coma cantidades pequeñas de comidas cada 3 a 4 horas.
- Coma un balance de proteína, carbohidratos (azúcares y almidón), grasas de plantas (aceite de olivo, aguacate, nuezes) con cada comida.
- **Coma cinco (5) porciones de frutas y verduras cada día.** Coma comidas de muchos colores.
- Prepare comidas al vapor, al horno, a la parrilla, o sancochadas. Evite comida empanizada, en crema or frita.
- **Evite comida rápida**
- Siempre siéntese a comer.
- No vea television o lea cuando está comiendo. Ponga atención a lo que está comiendo, así come menos.
- **Coma despacio (20 minutos) para que sepa cuando se sienta lleno(a). Mastique y savorize cada bocado.**
- Evite comidas blancas que son procesadas (pan blanco, arroz blanco, pasta, cereales con azúcar). Trate pan integral, arroz integral, pasta de trigo, quinoa, y avena entera.
- Compre la mayoría de la comida de las areas de verduras y frutas, carniceria, panadería, y productos lacteos, y consuma menos comida enlatada, y comida chatarra como refrescos, churritos or papitas, y dulce.
- **Lea las etiquetas de nutrición: Evite lo siguiente:**
 - **“High-Fructose Corn Syrup” (Jarabe de maiz de alta fructose)**
 - **“Trans fats” or “Partially hydrogenated” oils**
 - **Any food additive you can’t pronounce! (Cualquier comida que tenga un ingrediente que no pueda pronunciar)**
- No beba las calorías:
 - Evite los refrescos, jugos, ponche, o bebidas de energia.
 - Si toma una bebida dulce, mezelela con agua y tome un vaso alto y delgado para que sienta que le rinde.
- Si tiene ganas de botanear, tome un vaso de agua. A veces es una señal de que tiene sed.

COMO COMER SALUDABLE: SEGUNDA PARTE

- **Use aceite de olivo—es más saludable que los demas.**
- Evite endulzantes artificiales (splenda, nutrasweet). Se come más si se usa estas substancias.
- Tome un momento para disfrutar y saborear la comida antes de comer.
- Trate de comer sopa o una ensalada verde antes de la comida...Comerá menos durante el día.
- Compre paquetes pequeños cuando sea posible...comerá menos.
- Ordene su comida cuidadosamente en un plato antes de comer.
- Corte su alimento en rebanadas pequeñas.
- Si necesita algo dulce. Coma chocolate obscuro.
- Limite alcohol.
- Tome té (sin leche).
- Coma alimentos suaves (como yogurt) con algo crujiente (como granola o nueces)
- Disfruta del sabor de su comida. Coma con amigos cuando sea posible.
- Coma nueces, fruta y verduras con la cascara porque contiene nutrientes.
- Coma pasta al-dente. Su cuerpo la absorbe mas despacio.
- Minimize comidas con grasas saturadas (productos animales: mantequilla, carne rojas, etc). Estos causan inflamación y enfermedad cardíaca.
- **Coma mas pescado...Sardinas, Salmón de lata, son mas económico.**
- Coma mas nueces (almedras, pistachios)...pero no toda la bolsa.
- Lentejas es un superalimento. Coma lentejas sin pensarle mucho. Haga sopa de lentejas y coma con la varias comidas.
- Coma comida con proteína sin mucho grasa (proteína de leche, carne sin mucho grasa, aves de corral, pescado, frijoles, soya)
- Coma mas fibra (bayas, frijoles, granos integrals, fruta y verduras con la cascara)
- Coma alimentos voluminosos frescos en lugar de alimentos delgados y secos (Necesita 20 onzas en su estómago para quitar su hambre)
- Trate de comer frutas y verduras orgánicas y locales. Quizas, cultive sus vegetales!

Una Lista de Compras por “Alimentos con potencia”

- ✓ Manzanas
- ✓ Aguacate
- ✓ Col rotizada, Espinaca
- ✓ Pescado de lata: Las sardinas en el agua, Salmón, Atun,
- ✓ Almendras y Nueces
- ✓ Bayas: Arándano, Fresas, Moras (congelado = cuesta menos; perso si usted los cultiva son gratis)
- ✓ Granada
- ✓ Lentejas, Frijoles (compre cantidades grandes es mas económico)
- ✓ Granos integrales: Quinoa, Arroz integral
- ✓ Broccoli, Coliflor, Coles de bruselas
- ✓ Aceite de olivo: Prensado en frío, Extra virgen extra es mejor.
- ✓ Ajo y Cebollas
- ✓ **Cualquier fruta o verduras de la temporada!**

